

Midd Mental Health Survey

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Not shared

* Indicates required question

Stress (Generalized)

What are the most common causes of stress in your life? (Select all that apply) *

- ☐ Classes
- ☐ Homework
- ☐ Family issues
- ☐ Friendships
- ☐ Health related issues
- ☐ Sports
- ☐ Clubs
- ☐ Financial issues
- ☐ Work-related issues
- ☐ Language barrier
- ☐ Culture shock
- ☐ Other:



What are the usual symptoms of stress you've noticed? (Select all that apply) *

- ☐ Anxiety or fear
- ☐ Loneliness
- ☐ Irritability or anger
- ☐ Restlessness
- ☐ Decreased focus
- ☐ Sadness or moodiness
- ☐ Feeling overwhelmed
- ☐ Feeling misunderstood or not heard
- ☐ Memory problems
- ☐ Inability to stop thinking about the past
- ☐ Change in eating habits
- ☐ Change in sleeping habits
- ☐ Confusion
- ☐ Decreased cognition
- ☐ Withdrawing from friendships
- ☐ Difficulty listening
- ☐ Difficulty connecting to people
- ☐ Difficulty accepting help
- ☐ Intolerance of group activities
- ☐ Impatience
- ☐ Other:



What methods do you use to cope with stress? *

- ☐ Eating
- ☐ Sleeping
- ☐ Drinking
- ☐ Drugs
- ☐ Sports/exercise
- ☐ Talking with someone
- ☐ Shopping
- ☐ Social media
- ☐ Video games
- ☐ Going outdoors
- ☐ Therapy
- ☐ Reading
- ☐ Other:

How able are you to handle stress? *

	1	2	3	4	
Not able at all	☐	☐	☐	☐	Very able

How well equipped are you to handle stress using school resources? *

	1	2	3	4	
Not well equipped at all	☐	☐	☐	☐	Very well equipped

